

Confession?

Lent is a special time *"to let God wash us, purify us, to let God embrace us,"* said Pope Francis, and the best place for that is the confessional.

"But many people today would tell me, 'Father, where can I find a priest, a confessor, because I can't leave the house? And I want to make peace with the Lord, I want him to embrace me, I want the Father's embrace.'"

The pope said his response would be, *"Do what the Catechism says. It is very clear: If you cannot find a priest to confess to, speak directly with God, your father, and tell him the truth. Say, 'Lord, I did this, this, this. Forgive me,' and ask for pardon with all your heart."*

Make an act of contrition, the pope said, and promise God, *"I will go to confession afterward, but forgive me now." And immediately you will return to a state of grace with God."*

The Catechism of the Catholic Church, N. 1452, says: *"When it arises from a love by which God is loved above all else, contrition is called 'perfect' — contrition of charity. Such contrition remits venial sins; it also obtains forgiveness of mortal sins if it includes the firm resolution to have recourse to sacramental confession as soon as possible."*

"As the catechism teaches," Pope Francis said, *"you can draw near to God's forgiveness without having a priest at hand. Think about it. This is the moment."*